



Gluten Free Bread For One

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Instead of baking the bread in a cup, my friend Sharon decided to try cooking it in one of those sandwich-shaped storage containers that you can find at the grocery store (or online, of course.) These containers are the perfect shape to cook up enough gluten-free bread for one sandwich! Genius, right??

Course: Bread
Cuisine: American

Prep Time: 5 minutes
Cook Time: 2 minutes

Total Time: 7 minutes

Servings: 1
Calories: 269 kcal
Author: Jillee

Ingredients:

- 1 large egg
- 1 tsp water
- 3 Tbsp buttermilk
- 1/3 cup Gluten free flour blend
- 1/4 tsp baking powder
- 1 tsp sugar

Instructions:

1. In a small bowl, combine the egg, water, and buttermilk and mix well.
2. Then add the flour blend, baking powder, and sugar to the wet ingredients and stir until well combined.
3. Pour the mixture into an uncovered sandwich container.
4. Put the container in your microwave and cook for 85 seconds. (Could take slightly more or less time, depending on your microwave, so keep an eye on it.)
5. When the timer goes off, prepared to be amazed by warm, spongy, gluten-free bread!
6. Transfer the bread onto a rack to cool completely, then cut into two slices.
7. Use your bread slices to make any sort of sandwich your heart desires! I love using it for grilled cheese sandwiches, but I've also used it for peanut butter and jelly with equally delicious results!

Nutrition Facts	
Gluten Free Bread For One	
Amount Per Serving	
Calories 269	Calories from Fat 81
% Daily Value*	
Fat 9g	14%
Saturated Fat 2g	13%
Cholesterol 168mg	56%
Sodium 118mg	5%
Potassium 395mg	11%
Carbohydrates 33g	11%
Fiber 2g	8%
Sugar 6g	7%
Protein 12g	24%
Vitamin A 310IU	6%
Calcium 152mg	15%
Iron 2.4mg	13%
* Percent Daily Values are based on a 2000 calorie diet.	